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## Recipe: Strawberry banana milkshake

*Dietitian's tip: For this milkshake, you can substitute 1 cup of sliced fresh peaches in place of the strawberries for an equally tasty treat.*

SERVES 2

### Ingredients

- 6 frozen strawberries, chopped
- 1 medium banana
- 1/2 cup soy milk
- 1 cup fat-free vanilla frozen yogurt
- 2 fresh strawberries, sliced



### Directions

In a blender, combine the frozen strawberries, banana, soy milk and frozen yogurt. Blend until smooth. Pour into tall, frosty glasses and garnish each with fresh strawberry slices. Serve immediately.

### Nutritional Analysis

(per serving)

Calories	175	Cholesterol	1 mg
Protein	7 g	Sodium	61 mg
Carbohydrate	36 g	Fiber	3 g
Total fat	2 g	Potassium	545 mg
Saturated fat	trace	Calcium	151 mg
Monounsaturated fat	1		



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